

## **“A Study of Emotional Intelligence among Team Game Players and Individual Game Players”**

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### **ABSTRACT**

**Objective of the Study:**To find out the emotional intelligence among Team Game Players and Individual Game Players. **Hypothesis:**Team Game Players will be significantly high emotional intelligence than the Individual Game Players. **Sample:**For the present study 200 Sample were selected from Aurangabad city, Maharashtra State. The effective sample consisted of 200 subjects, 100 subjects were Team Game Players and 100 subjects were Individual Game Players. The age range of subjects was 18 to 25 years (Mean 20.45, SD 3.75). **Tools** Pedhe and Hyde's emotional intelligence test were used the study. Besides these, a PDS was used to get the other necessary information relating to the respondents. **Conclusion:** Team Game Players has significantly high emotional intelligence than the Individual Game Players.

## Introduction:

Sport psychology is described as the utility of the knowledge and scientific techniques of psychology to the study of human beings in game & exercising settings. The word psychology refers to the find out about of human behavior, and sport psychology denotes a sub class of psychology that deals with the conduct of athletes and groups engaged in competitive sports. Performance in activity is no longer dependent on physiological well-being of the athlete. It is well mounted via now that there are numerous psychological elements which impact and enhance the physical performance.

The psychological elements are individual differences amongst the athletes, personality, intelligence, attitude of the player, motivation, aggression, arousal and activation, anxiety, interest and concentration, mental imagery and team dynamics. These elements are fine to player's bodily overall performance (Gawali & Pekhale, 2012). Over the previous 5 years, recreation psychology researchers and practitioners have end up increasingly more vocal in their suggestions that emotional intelligence (EI) may additionally be an important assemble in the recreation domain. Initial lookup in sport has been treasured for gaining preliminary insights, but use of disparate theoretical frameworks and assessment techniques confuses as an alternative than clarifies workable links between emotional brain and sport.

Specifically, these of distinctive definitions, conceptualizations, and assessment inventories can also yield one of a kind emotional intelligence profiles of the identical man or woman or crew (Meyer & Fletcher, 2007). Stay encouraged and placing a sturdy goals and goals is imperative for all the athletes and are contributing for prediction of overall performance for athletes (Wielinga et al., 2011). An workout software stressing the components of muscular persistence and muscular strength increases self-concept.

Physical exercising has been linked to good intellectual fitness and high-quality self-concepts (James, 1982). Most of the coaches skilled their athletes through vigorous and a number of coaching techniques for success however intellectual ability

is also an essential issue to enhance confidence, positive thought, encouraged and centered which assist to acquire the target dreams (Friel, 2009). Austin et al. (2012) country that if the body is robust however the thinking is weak, all bodily positive aspects are lost. Ruggedness, courage, intelligence, exuberance, buoyancies, emotional adjustment, optimism, conscientiousness, alertness, loyalty and recognize for authority are Characteristics of the top notch athletes. Successful athletes did certainly possess extra high-quality intellectual health characteristics and fewer poor intellectual health characteristics than the popular population. Successful athletes have been above the waterline (population norm) on vigor, however under the floor on the extra bad moods of tension, depression, anger, fatigue and confusion (Gill, 1986).

Perfectionist non-public requirements improve the goal setting and additionally assist athletes to reap their nice possible performance (Stoeber et al., 2009). Javeed (2012) in his study mentioned that lady players have notably high spiritual fitness than the male players. Two male gamers have significantly excessive emotional Genius than the female players. And sportsmen have substantially excessive emotional intelligence than the non-sportsmen (Javeed). Femininity and brain have been extensively decrease for all athletic groups when in contrast with the nonathletic group. Hypochondriasis used to be notably greater for all athletic groups, without swimmers, when in contrast with the nonathletic crew (Slusher, 1964). The creativity and emotional brain of basketball and volleyball player's students had been no extensive distinction (Ruikar & Wankhade, 2013). Sports folks record greater intellectual health indexed in structure of existence e.g. nice self evaluation perception of fact integration of persona autonomy group oriented mind-set environmental competence overall than their non-Sports individuals counterparts (Singh & Tiwari). On the thing intelligence, college gamers had been found better than the university gamers in Basketball (Mariappan & Alexander, 2014). The athlete's participants with the lowest Emotional Intelligence (EI) ratings pronounced increased intensity of precompetitive cognitive anxiousness than these with the highest Emotional Intelligence (EI) rankings (Lu et al., 2010).

The emotional intelligence can beautify leadership performance, group cohesion, and coping with strain (Balet et al., 2011). Likewise to be ideal in the activity one should have to be very correct in psychological element as nicely as physically. The

intellectual abilities education strategies want to be evaluated if the hole between theoretical lookup and practice is to be bridged (Crust, 2008).

### **Objective of the Study:**

1. To find out the emotional intelligence among Team Game Players and Individual Game Players.

### **Hypothesis:**

1. Team Game Players will be significantly high emotional intelligence than the Individual Game Players.

### **Sample:**

For the present study 200 Sample were selected from Aurangabad, Maharashtra State. The effective sample consisted of 200 subjects, 100 subjects were Team Game Players and 100 subjects were Individual Game Players. The age range of subjects was 18 to 25 years (Mean 20.45, SD 3.75).

### **Tools**

#### **Emotional Intelligence test:**

Pedhe and Hyde was used for measuring Emotional intelligence. This test is developed and standardized by Pedhe and Hyde the 34 items are rated on a five point scale. The subjects were required to respond to each item in terms of “Strongly disagree”, “Disagree”, “Neutral”, “Agree”, “strongly agree”. This is well known test having high reliability and validity coefficients.

### **Variable**

#### **Independent variable-**

##### **Players**

- a) Team Game Players
- b) Non-Team Game Players

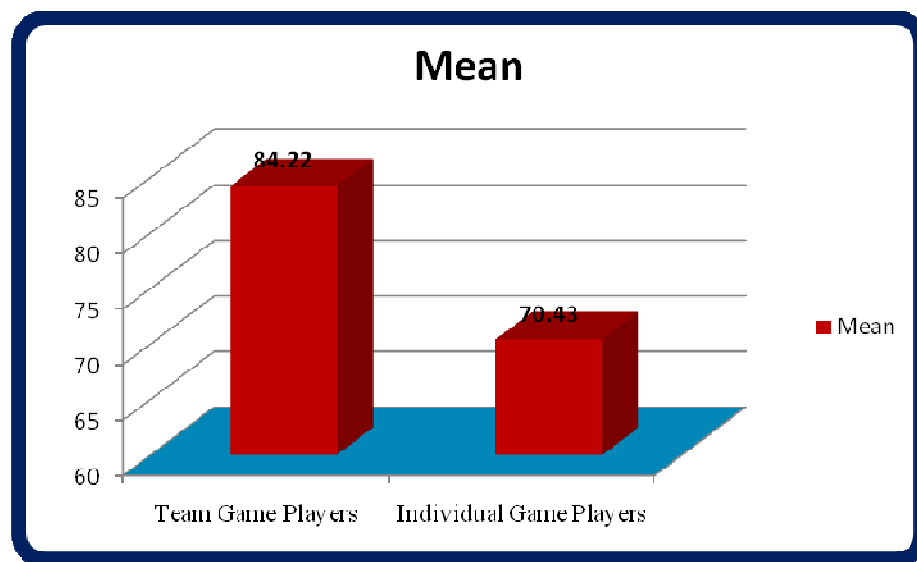
#### **Dependent Variable**

1. Emotional Intelligence

### Statistical analysis and discussion

Emotional Intelligence among Team Game Players and non-Team Game  
Players students Mean S.D. and “t” Value.

Group	Mean	S.D	N	df	‘t’
Team Game Players	84.22	9.29	100	198	7.65**
Individual Game Players	70.43	12.48	100		



The results related to the hypothesis have been recorded. Mean of Emotional Intelligencescore of the Team Game PlayersMean is 14.12 and that of the non-Team Game PlayersMean is 9.43 The difference between the two mean is highly significant (‘t’= 8.50, df =198, P < 0.01) It is clear that Team Game Playersand non-Team Game PlayersDiffer Significantly From each other from the mean scores and graph it was found that the Team Game Playershave Significantly high Emotional Intelligencethan the non-Team Game Players.

#### Conclusion:

1. Team Game Players have significantly high emotional intelligence than the Individual Game Players Students.

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